

Sample Health Lab
Your Name
Block I

Basic Characteristics of MSHS Health Students

Introduction

The purpose of this study was to measure height, weight, BMI, and blood pressure in HEALTH students. We were then trying to find out if students fell into healthy categories for BMI as well as systolic and diastolic pressures.

My first hypothesis was that HEALTH students would fall into healthy categories for BMI. I also believe that HEALTH students will fall into normal categories for systolic and diastolic blood pressures.

Methods

We began by measuring height and weight without shoes in school clothing using a stadiometer and balance beam scale. The stadiometer and scale were calibrated using a meter stick and a known weight. BMI was then calculated using the formula provided to us. Next, blood pressure was taken using the automatic pressure machine. Data was then entered into Microsoft Excel for the calculation of means or averages. Means for BMI and blood pressure were then compared to standard norms available to determine healthy levels.

Results

The male HEALTH students had a mean height of 67.2 in., mean weight of 123.4 pounds, mean BMI of 27.2, mean systolic pressure of 120.6 and a mean diastolic pressure of 82.2. The female HEALTH students had a mean height of 56.4 in, mean weight of 58.5 pounds, mean BMI of 25.1, mean systolic pressure of 120.3 and a mean diastolic pressure of 72.4. Male HEALTH students fell into the healthy range for hypertension. Female HEALTH students fell into the healthy category range according to the norms.

Discussion

Both groups fell inside the norm for BMI and blood pressure. Both of my hypotheses proved to be correct. This is largely due to the fact that we have a very athletic and active class. We exercise regularly and are a very fit group. As a result of this daily activity, we fell into healthy categories for all the measured variables.

Conclusion

We concluded that male HEALTH students are within the healthy level for BMI norms while female students are within the healthy range as well. We concluded that both groups are in healthy ranges for blood pressure.